

PARENTING CAVAN

presents



Calm Nights

SLEEP CONSULTING

Brona Connolly

Sleep Consultant

Guest speaker from

Calm Night's to give a talk ,
followed by baby massage
session.

Event for soon
to be parents
and for parents
& babies 0-36 months,
breastfeeding
mothers.

Booking essential !
reserve your place by email to:
parentingcavan@cld.ie

Tea, coffee & light refreshments on arrival

Date:

12th March 2026

Venue:

**Virginia Civic Cultural and
Library Services Centre
Virginia, A82 PA03**

Time:

10am- 12.00pm



mychild.ie

